

OUT OF DOORS

FOR WOMEN.

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No. I.

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Send all Orders to J. M. Peebles, M.D.,
SAN DIEGO, CALIFORNIA.

OUT OF DOORS FOR WOMEN.

VOLUME II.

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WILD FLOWERS FOR THE GARDEN

During the past few years there has been a strong and increasing demand for many of our wild flowers, as they have been found highly useful in many branches of gardening; notably in landscape work, and some of them are of considerable use to the florist. Most of these are collected directly from their native haunts, others are transplanted into a nursery, and grown awhile before being put upon the market; a very important matter for some species which are apt to lack root development. As yet people in general know very little about the proper treatment and culture of many of our wild flowers, yet for the failure in the cultivation they blame the dealer who furnished the plants, or find fault with the plants themselves. In order to successfully grow any species of plant, certain conditions must be obtained. Even when every condition is complied with, some are almost sure to die after transplanting, especially if they be of a shrubby character.

Again the dealer in wild flowers is often sorely taxed by the receipt of a large order, and a demand for the immediate delivery of plants which cannot possibly be supplied at that time.

The ordinary florist or nurseryman may very quickly get any plant for which a customer calls, but the wild-flower dealer has to go and collect. Thus a single small order may require a trip of from 30 to 150 miles. Of course it would not pay to fill a small order alone, so the dealer carefully studies all his orders and maps out his trips.

Some plants will flourish after transplanting, no matter at what season it may be; some transplant well only in spring and autumn, some will transplant more successfully in spring than in autumn, and so on.

As a general rule the proper time to transplant a hardy perennial is when it is dormant, and many of our wild flowers are so only in summer. Again, most aquatics cannot be supplied until just as the growth begins, since they cannot be found before; or in autumn just as the growth ceases. As many die during the winter, the best time to supply these aquatics is from May 15 to July 1, some even later. No native aquatic should be expected before May 15, unless the dealer grows or stores them. They can, as a rule, be handled with perfect success at any time during the summer. *Menyanthes trifoliata* at any time except June

and July when its growth is most active, as it is easily found any time.—American Gardening.

PROSPERITY OF THE PACIFIC COAST.

Will those partially alive human fossils living in, and in the regions round about New York, with moss upon their garments, mould upon their spinal columns and calculi in their craniums—crying “gold standard—and hard times,” take a journey to the Pacific Coast, or rather to Southern California—land of no snow, no ice, no frosts—land of the lemon, the lime and the orange—land of the pine-apple and the palm—land where January and July, because of equableness of climate, are hardly distinguishable the one from the other—take a journey, we say, to San Diego, and see God’s country in all its glory.

Hon. Mr. Thurston writes thus of California and this coast in the *North American Review*:

“Every one knows that the Pacific Coast is one of the world’s chief sources of lumber supply; that it is one of the world’s great granaries; that it sends its fruit to the four quarters of the globe, to Hong Kong, Sydney, New York and London; that it successfully competes with Sicily, France and Spain in the production of lemons, wine and olives; and yet how many of the intelligent citizens of the East realize that the population west of the Rocky Mountains is now over 2,500,000, within 300,000 of the total population of the thirteen colonies when the Declaration was signed?

“How many realize that of the 161,000 miles of railroad in the United States in 1889, 71,600 miles, or nearly one-half are west of the Rocky Mountains? The railroad building of the East has been of steady growth, but that of the West has leaped into existence almost within a decade.

“The ‘pony express’ and the ‘prairie schooner’ of Seward’s day has given place to six great transcontinental lines of railway, which penetrate from the East

to the Pacific Coast, all of them constructed since 1869. The railroad building of the East is comparatively at a standstill, but it is continuing in the West at a scale which will soon give it a preponderance. Already California stands third on the list of value per capita of railroad property, owning \$741 per capita being surpassed only by Rhode Island and Massachusetts, and being followed by New York with \$549 per capita, Ohio with \$433 per capita, and Virginia with \$248, those States being the highest in their respective sections.

“California alone mined one-third of the gold product of the United States in 1893.

“During the ten years from 1884 to 1894 the shipping owned in the Atlantic and Gulf States decreased 710 in number and 135,000 in tonnage. During the same period the shipping owned on the Pacific Coast increased from 1,221 with a tonnage of 334,669 in 1884, to 1,520 and a tonnage of 456,359 in 1894, an increase in number of 499 and in tonnage of 121,600.

“The steamship fleet of the Pacific does not fill much space in the Eastern mind, and yet it constitutes a respectable navy in itself.” All told, the number of steamships of the United States Pacific Coast engaged in foreign trade in 1893 were 165, with a total tonnage of 133,137.”

With the Nicaragua canal—and it is sure to be constructed—with the projected railroad from this city to Salt Lake City through pine-shingled forests, and rich mines of iron, and silver and of gold, and such a boom—such a genuine substantial boom of progress will come to this city and to these rich south lands of this State, as the masses have not dreamed of. It is coming. It is in the air—and capitalists know it.

Consider the matter of California by way of contrast with the Western States, Illinois, Indiana and others, in the little matter of castor beans. Every one knows the demand for castor oil. And now, in Southern Indiana, and in the Southern States they are obliged to plant their castor beans every season, expecting them to be killed by autumn’s frosts or winter’s

snows. Here, the seeds require but one planting. The first year's stalks keep right on growing till they become trees. We've seen castor bean trees fully a foot in diameter. Any industrious man could get ordinarily rich in a few years by planting and caring for castor beans, just as many are getting independent from their lemon and orange groves in and about San Diego.

The Chinese Practice of Foot-Binding.

In the June (1894) number of the *China Medical Missionary Journal* there is an interesting article on this subject, by Dr. Marie Haslep, of Shanghai, with an editorial foot-note giving citations from an article by Dr. Faber. It seems that Chinese writers disagree as to the origin of the practice, but it is thought to be certain that it originated in an imperial harem during the T'ang dynasty, about 1400 years after the Confucius. It is said to have been resorted to to disguise natural deformity. It is illegal, because the emperor's will is the country's law, and the emperors of the present dynasty have publicly prohibited it. It is also contrary to imperial example, for the empress of China, the highest ladies of the court, and all Manchu ladies allow their feet to grow in their natural form and to their natural size.

According to Dr. Haslep, the ordinary manner of binding the feet is as follows:

While the great toe is left straight, the other toes are folded on the plantar surface of the foot, often until the tips of the toes are on a line with the edge of the inner side of the foot, and then the foot is bound "snugly." Gradually the bandage is made tighter and tighter. When the metatarsal bones begin to curve, making the characteristic lump on the dorsum of the foot, the bandages are tightened more rapidly than before. If

swelling takes place above the ankle, the foot is bandaged more tightly. If ulceration occurs, the foot is bandaged tighter. Swelling is not a desirable complication. Ulceration is greeted with joy, for it is usually a sign that the foot is yielding gradually to the inevitable. "Lan siau kiak" (ulcer, small foot) is a common saying. To make the smallest foot, with the minimum of suffering, and produce no untoward results, is the desideratum; this process should take about ten years. Patience will then show her perfect work; that which foreigners call a deformity and restricted locomotion are necessary sequelæ, not untoward results.

This is the method ordinarily practiced. But there are careless persons, or cruel, who, having neglected to begin to bandage the feet of a child at the proper time (when she is between three and five years of age), or having bought a child with unbound feet, desire to accomplish the same end in a shorter time. In these cases the feet are bandaged tightly and smaller from the first. The work is sometimes done by a relative or friend, ignorant of the risks taken by so doing, or ignoring them. Oftener the services of a professional bandager are obtained. This woman carries with her a stock of small wooden shoes of various sizes. These are the patterns. Her patrons choose the size desired. A contract is then made to have the foot of this size in a certain length of time—three years or more or less as the case may be. The shorter the time, the harder for the child, especially if she is one of the neglected ones whose feet have been left to nature more years than is well, if they cannot be left with her for all time.

The professional bandagers, for the most part, fulfill their contracts with superb indifference to the children's sufferings, and sometimes with such results as the death of the child, gangrene of the

feet, necrosis of bones, etc. In any case, says Dr. Haslep, with the predisposing element of impeded circulation, freezing or burning, both common casualties, will excite trouble more readily than in the natural foot. What shall be done, she asks, to stop this cruel practice? Civilize the Chinese. Japan has given them a good stirring up. The school-master should follow Japan.

BOYS BRIGADES.

The angels sung "peace on earth and good will to men;" and yet Christian ministers are encouraging "boys brigades," where Sunday-school boys are trained to use fire arms, and hear the talk of war! Jesus, the Prince of Peace! and yet Christian ministers encouraging "boys brigades," where they are drilled in the use of fire arms. The Grand Army of the Republic too, is indulging in self-praise for introducing the military drill into public schools.

Emphatically we denounce all this bellicose business. Arbitration and peace are the words to drill into the hearts and souls of boys. And to the same end Dr. N. L. Holbruk, says in his *Journal of Hygiene*. "Military drill is not a good system of physical culture. It is no substitute for a thorough course of instructions in gymnastics; it does not train all the muscles equally. It does not produce an even development of the body, but a one-sided development. In all the countries of the world where soldiers are trained it is necessary to supplement military drill by gymnastic training to get the results required. Not only is the physical effect bad, but the mental is also bad. The drill suggests war, not peace. The true patriot will fight for his country when there must be fighting, but he will use all peaceful means first. In the great majority of cases they will be all which are required."

How tender these few lines from the Carey sisters:

One sweetly solemn thought,
Comes to me o'er and o'er,
I'm nearer my home today
Than I ever have been before!

Nearer my Father's house,
Where the many mansion be;
Nearer the great white throne;
Nearer the crystal sea;

Nearer that bound of life,
Where we lay our burdens down;
Nearer leaving the cross,
Nearer gaining the crown!

* * * *

Sometimes, I think, the things we see
Are shadows of the things to be;
That what we plan we build;
That every hope that had been crossed,
And every dream we thought was lost,
In Heaven shall be fulfilled.

That even the children of the brain
Have not been born and died in vain,
Though here unclothed and dumb;
But on some brighter, better shore
They live, embodied evermore,
And wait for us to come.

* * * *

There is nothing so kingly as kindness,
And nothing so royal as truth.

* * * *

A solemn murmur in the soul
Tells of the world to be,
As travellers hear the billows roll
Before they reach the sea.

* * * *

This dusty house wherein is
The soul, is but the shrined counterfeit
Of that which shall be more refined
And exquisite.

When death shall come, and disallow
These rough and ugly masks we wear,
I think that we shall be as now—
Only more fair.

STUNTED BY TOBACCO.

Reclaiming children from a slow death by nicotine poisoning is a work which Mrs. Florence Kelley, the Illinois State factory inspector, has undertaken. She has discovered that over one thousand boys and girls are employed in cigar factories and tobacco packing establishments in Chicago. Without exception, where the child has worked in the factory for any length of time, his physical condition has been found most lamentable. The tobacco has affected the eyes; the skin is yellow, almost green from the effect of the nicotine, and there are disorders which medical examination has shown to prevail in eight cases out of every ten.

"The rooms in which they work," said Mrs. Kelley, "are almost stifling with the strong smell of tobacco. Girls who strip the stems from the leaf bend over their work with their faces close to the tobacco. In long rows at tables, divided into scores of compartments, sit girls who are rolling cigars. Some are employed in packing the goods. Most of those who have been employed in factories for two months or over have sore eyes. This is explained by the fact that when the children are tired and their eyes are weary, they habitually rub them with their hands stained with the nicotine, which causes irritation. For the most part the children are weak and puny. There is a noticeable depression of energy. The constant inhalation of tobacco causes dyspepsia, the action of the heart is affected, and the general physical condition of the tobacco-working children is far below the average."—*Reformatory Record*.

The use of tobacco is an excuseless habit, an expensive habit, a vulgar habit, and an injurious habit, gradually undermining the nervous system and causing cancer. Gen. Grant's cancer that killed him was a tobacco cancer.

The tobacco-monger is a nuisance in refined society. His breath stinks—thanks for that short ringing Saxon word—I repeat, it makes the breath stink; it makes the clothes stink, it makes a room

stink, and makes any confined atmosphere stink—and what right has any man to breathe his nauseating, stinking breath into anybody's face? What right has he to pollute a street car, or a Pullman with his tobacco-pickled carcass? And what right has he to indulge in a useless and dirty habit that takes schooling from the orphan and bread from the widow's mouth. If you persist in smoking build a smoke house a little distant from your house where you can smoke, and where you and your hams can both be smoked at the same time.

All drunkards are tobacco-mongers, and nearly all men who smoke, will occasionally get on a drunk. Tobacco and whiskey are the twin sons of satan. We feel inclined to write caustically and sarcastically upon the physically and morally stunting, and spiritually disgusting and degrading habit, but knowing the guilty sensitiveness of some of our readers we tenderly, mercifully forbear.

Some one has said "man is a bundle of habits," and surely, we spin and weave our own web by the habits we form.

The man who has daily accustomed himself to habits of industry, concentrated attention, energetic will, and self denial in very many things, is the man who is prepared for emergencies. And down among the nerve cells and fibers and molecules of the brain are being registered and stored up the thoughts and acts and habits that build up character. Probably, in the physiological sense, the brain once fixed in a wrong habit is never afterward exactly what it was before; and this is the scientific and psychological meaning of a quotation which I hope you will all note down for careful consideration: "Sow the thought, reap the act; sow the act, reap the habit; sow the habit, reap the character; sow the character, reap the eternity."

My brothers—oh, my brothers, when you read the following rhymes you will feel like hanging your harps upon the willows, and sitting down by the social waters of Babylon and weeping—weeping and hoping!

Aldrich wrote these lines:

THE ANGELIC HUSBAND.

There are husbands who are pretty,
There are husbands who are witty,
There are husbands who in public are as
smiling as the morn;
There are husbands who are healthy,
There are famous ones and wealthy,
But the real angelic husband—well, he's
never yet been born.

Some for strength of love are noted,
Who are really so devoted
That whene'er their wives are absent
they are lonesome and forlorn,
And while now and then you'll find one
Who's a really good and kind one;
But the real angelic husband—oh, he's
never yet been born.

So the woman who is mated
To a man who may be rated
As "pretty fair" should cherish him for-
ever and a day,
For the real angelic creature,
Perfect quite in every feature,
He has never been discovered, and he
won't be, so they say.

THE COMING DAY.

I live to greet that season,
By gifted men foretold,
When men shall live by reason,
And not alone by gold.
When men shall be united,
And every wrong be righted,
This whole world shall be lighted
As Eden was of old. ANON.

There is nothing more certain to the thinker than that our foods and our drinks make our blood, and our blood makes our bodies. Blood is body in solution. The soul builds the house it lives in. It ought to build it more wise-

ly and of better materials. Butchers have told me that they seldom find a healthy liver in a fattened hog or in stalled cattle. If a man's body is made up chiefly of flesh taken from diseased animals and his whole physical frame is saturated with the irritating and exciting condiments of what is popularly called good food, the whole bias of his bodily powers will be toward animalism. All the impressions and impulses that the soul receives from such a body are debasing. Like produces like in the formation of physical tissue out of food as well as in the generation of stock in the stall.

Nearly all criminals smoke, drink liquor and eat bacon. There is nothing surer than that foods affect morals. Hence efforts to make a child good—efforts to make a man honest, virtuous and every way moral should be prefaced by efforts to correct bad dietetic habits. A preacher, by prayer and precept and flogging, had done his best to reform his boy, whose staple diet was meat and sausage and pie and cake at his meals, with lunch between. The family physician said to the father, "If you will put a leech back of each of your boy's ears once a week for a month, you will do more to reform him than your preaching and pounding will do in a year." The father asked for the philosophy of this prescription. "Why," said the doctor, "your boy has bad blood and too much of it. He must behave badly or he would burst." "Then," said the father, "I'll change his diet from beef and pie to fruits, hominy and milk." In three months thereafter a better boy for his age could scarcely be found in the neighborhood. The acrid, biting evil blood had not become food for leeches, but it had done its wicked work and passed away, and a cooler, better, purer, safer blood had been supplied from sweeter, gentler food sources. The effect was wonderful.

IF I KNEW.

If I knew the box that was large enough
To hold all the frowns I meet,
I would like to gather them, every one,
From nursery, school and street,
Then, folding and holding, I'd pack them in
And, turning the monster key,
I'd hire a giant to drop the box
To the depths of the deep, deep sea.

MAUD WYMAN.

MELLOW BUT RELIGIOUS.

An Old Judge Who Was Honest Although Inebriated.

There lived once in the little city of Williamport, Pa., an old judge of the name of Williams. This old judge was noted for two things: For getting mellow occasionally, and being plucky and courageous under all circumstances—a gamey old man. It was a peculiarity of the old judge that whenever he got mellow he grew correspondingly religious. One night he wandered into a protracted revival meeting and seated himself upon the front seat, full of spiritual influence of some kind. The clergyman, engaged in his preaching, rose to a fervid pitch of eloquence, and in the midst of it exclaimed: "Show me the drunkard! Show me the drunkard! Of all men on earth the most unfortunate; show him to me." To the consternation of all present the old judge arose, and unsteadily, maintaining himself, exclaimed: "Well, sir, here I am." The clergyman, having realized upon his investment much sooner than he anticipated, d'nd't know what to do with it. They finally pulled the old judge down, and the incident had almost passed out of memory, when the clergyman again struck an impassioned period, and exclaimed in the honesty and fervor of his heart: "Show me the hy-

pocrite! Show me the hypocrite!" The old judge rose the second time, and reaching his cane over to a certain shaky old deacon, exclaimed: "Deacon, why the devil don't you get up when you are called on?"—*American Economist.*

THE NECESSITY OF EXERCISE.

People who do not exercise sufficiently have flabby flesh, soft and sickly muscles, and their bones are dry as chalk and are easily broken in a fall. On the other hand, if sufficient exercise is taken, the bones are full of sap, and have a spring of flexibility that will resist a fracture.

A man once wagered that he could lie in bed a week without any material change in his health. Upon arising he found that he had not strength sufficient to enable him to stand on his feet. Muscles, bones, tissue, nerves, and even the blood had been vitiated, and were remarkably weaker. He could not understand why absolute stillness should not rest a man, instead of destroying his strength.

Another man carried his arm in a sling for three months to see what would happen to it. The muscles and skin shriveled, and the flesh was flabby and sickly. The bone of the arm became stiff as though all the vital spring had departed from it.—*Journal of Physical Education.*

Dust, Upholstery, and Disease.

Householders in furnishing would do well to remember that the ordinary practice of covering a floor with a carpet is not without its disadvantages, even its dangers. The particles which give substance to the pure search-light of a sunbeam as it penetrates the windows, settle in the carpets, so that they become nests for bacteria, and germs of disease.

OUT OF DOORS FOR WOMEN.

A monthly Journal devoted to out-of doors industries for women, flower-growing, gardening, child-training and soul-culture.

Flowers and children are the alphabets of angels.—Josthrow.

The sunshine of the heart is revealed in the smile of peace and good will.—The Pilgrim.

The leaves of the trees are for the healing of the nations.—The Revelator.

J. M. PEEBLES.....Editor.
Mrs. O. L. EDDY ORCUTT....Publisher

JULY, 1895.

If woman's head is influenced by her heart, let me appeal to her heart to be out of doors more in the sunshine—out of doors on the lawn—out of doors in the garden with rake and pruning-knife in hand among the flowers and the vegetables. Out of doors work puts the red upon the cheek, vital force into the nerves, thoughts into the brain, and sunshine all over the countenance. Oh, that more of our ladies would leave the darkness and laziness of the parlor for the sunniness of the garden.

As the weather grows warmer and the sun stronger we have to give our house plants more air every day, to prevent their drawing up. Plenty of fresh air and an abundance of light will cause them to grow more sturdily and shorter jointed. Do not give up the flower window too soon; then the plants may be taken out-doors in their summer quarters. We have numerous pretty things to keep up a good show of bright color in the window, even if nothing but bulbous plants

that flower in spring should be at hand. Another reason is, most pot plants are better in the house as long as the nights are cool; therefore, we should not be in a hurry to take them out.

Is not this woman's era?—and therefore full of hope. The editor of the San Diego Daily Sun being absent for a month or more in the Eastern States, his very intelligent wife stands at the editorial helm. Listen to her sensible pen-talk:

“Reading about the reforms proposed in Turkey by England, Russia and France makes one feature of our civilization blush for itself. The plan of the powers includes the abolition of every kind of physical torture. And yet the nerve-shattering corset continues to deform our girls, forcing their hearts out of place, squeezing their livers, compressing their lungs, interfering with digestion and good temper and mental development. When the people who attack the rum power quit selling corsets we can safely prepare to enter upon the calm joys of the millennium.”

Ho, for the West! Any acquaintances or friends of yours in the New England or Northern States who think of coming to enjoy the lovely climate of Southern California—or who think of investing in landed property that will yield rich returns—or who seek a place to invest money on gilt-edged security at a good interest, will do themselves a favor by writing to J. L. Rose, Esq., San Diego, Cal., who has our unreserved endorsement—as a man of unimpeachable integrity and of unusual careful business ability. He does not do business under the cloak of religion, putting

“A penny into the urn of charity
And taking a shilling out.”—

Neither does he carry around a long, gloomy face on Sunday in memory

of Him who was honest—who was self-sacrificing and who went about doing good. But rather, does he send loaves of bread to the needy during the week; and further, helping the poor to help themselves.

There's little or no muscle-making substance in fat, sugar, starch, or the carbonaceous foods. There's no strength in fat. We've seen hogs so fat that they could not walk. Their bulk was made up of fat and not of muscle. The living complex muscle is always being built up out of, and always breaking down again into, simpler substances. Did we possess some optic aid which should overcome the grossness of our vision, so that we might watch the dance of atoms in this double process of making and unmaking in the living body, we should see the commonplace lifeless things which are brought by the blood, and which we call food, caught up into and made part of, the molecular whorls of the living muscle, linked together for a while in the intricate figures of the dance of life, giving and taking energy as they dance, and then we should see how, loosing hands, they slip back into the blood as dead, inert, used-up matter.

"In every tiny block of muscle there is a part which is really alive, there are parts which are becoming alive, there are parts which have been alive, but are now dying or dead; there is an upward rush from the lifeless to the living, and a downward rush from the living to the dead. This is always going on, whether the muscle be quiet and at rest or be moving; some of the capital of living material is always

being spent, changed into dead waste, some of the new food is always being raised into living capital. But when the muscle is called upon to do work, when it is put into movement, the expenditure is quickened, there is a run upon the living capital, the greater, the more urgent the call for action. Moreover, under ordinary circumstances, the capital is, during the action, spent so quickly that it cannot be renewed at the same rate; the movement leaves them only to add some intensity to those movements."

Young man listen just a moment. Do you contemplate marriage? This, on the Adamic plan of existence, is perfectly proper. Birds mate, build their nests and rear their young; whether divorces prevail among them I am not informed. But, never marry a girl that cannot and will not bake good Graham bread. Never marry a girl that does not know enough not to cook and feed people on starchy foods; such foods make neither muscle, nor mind-substance. Never marry a girl that will lie in bed and read novels; or allow her permit her mother to rise early, build the fire and get breakfast. Never marry a girl that will persist in wearing a corset, deforming herself into the shape of a wasp—a wasp!

There are certain insects, birds and beasts that delight in being destroyers. They consume decaying matter. They feast upon filth. Life to them is insipid, but death has delicious flavor. In literature they are penny-a-line critics, in morals they are cynics, in religion

they are heresy-hunters, in medicine they are allopathic quacks. This class of bigots are poor moral abortions. They can see only one side of a question, reminding us of Byron's character, who—

“—Saw with his own eyes the moon
was round,
Was also certain that the world was
square
Because he'd journeyed fifty miles, and
found
No sign that it was circular anywhere!”

MORPHINE EATERS.

Physicians are largely to blame for the terrible habit that frequently becomes fastened upon morphine eaters. They prescribe it until the use of it becomes a habit—a craving slavish habit! I met a man only a few weeks since that had 1019 morphine “puncture points” in his arms and body. Now he must have it daily. In fact he will cry for it like a child. Who is responsible for this wrecked and wretched life?

The New York papers published that Col. Fred. Grant told Dr. Shrady and the other doctors attending Gen. Grant that they were “giving him too much morphine.” He dozed night and day and only recognized his friends with a vacant unconscious stare. And yet doctors persist in giving morphine—morphine and calomel!

DOCTORS AND LATIN PRESCRIPTIONS.

Why in the noon-tide and bright floodlight of this century should physicians continue to write their prescriptions in Latin or mysterious hieroglyphics? Cooks do not write in French; nor real orators strut in the verbiage of Hebrew and Greek.

Skill and wisdom require no masked coverings.

Is not this Latin-business, for the purpose of the better imposing upon the people? Why should a noble, candid, and cultured physician cover up his science in the old musty wrappers of dead Latin? The intelligent masses begin to see through medical “shams” and these “doctors’ restrictive laws.”

True it may selfishly and financially benefit the Quack doctor and the druggist to scribble in Latin. They can pile up the charges with impunity. When a man goes to a doctor or druggist and pays half a dollar for this prescription:

R. Sodii Chlor. . . . 2 drachms.

Aquæ 4 ounces.

he is perfectly content and takes it home for his sick child's throat, or worms. But should he find out that he had paid half a dollar for a pinch of salt in a glass of water he would have his opinion of the druggist and the doctor, too.

WHY EAT TOAST?

Invalids the world over are given their bread in the form of toast. The lay world is generally quite ignorant of why this is done, and the average physician is also ignorant. It is because toasting bread until it becomes brown largely converts the starch into dextrine; and hence, so far as the brown portion is concerned, one of the processes of digestion is gone through before the bread is taken into the stomach. It will be found that the thinner the slices of bread, and the more thoroughly they are toasted, the easier digestion will be, and when all the portions of the slice of bread are thoroughly toasted—not burned, but still changed to a deep brown color—it will be found to be still more easily digested than ordinary toast.

BOOK REVIEW.

THOMAS JEFFERSON'S HEALTH HABITS.

THE SCIENCE OF LIVING, OR THE NEW GOSPEL OF TRUTH.—This volume of over 300 pages from the prolific pen of Dr. E. H. Dewey, is a valuable—very valuable contribution to the philosophy of health and hygiene. Many of the Doctor's positions are unique, others original, and others, new to the masses, are practically proven even to the common understanding. The key notes to this very instructive volume are nature's food—the stomach—digestion—eating to live, so as to live a century and peacefully sleep into immortality.

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Published by Henry Hill, Norwich, Conn.

Several other books are on our table awaiting reviews.

Through the kindness of Mr. Savage, a cousin of the Boston famous Unitarian preacher, I have had put into my hands the correspondence of President Jefferson published in 1829. In a letter to Dr. Rush, March 21, 1819, he says:

"I live so much like other people that I might refer to ordinary life as the history of my own. Like my friend the Doctor I have lived temperately, eating little animal food, and that not so much as an aliment as a condiment for the vegetables and fruits which constitute my principal diet. Ardent wines I cannot drink, nor do I use ardent spirits in any form. I have been blest with excellent organs of digestion. I have not yet lost a tooth by age. I led from the beginning a very industrious life. I was a hard student until I entered on the business of political and national life, the duties of which left for me no idle time; and now, retired, and at the age of 76 I am again a hard student. Whether I retire to bed early or late I rise with the sun. I use spectacles at night, but not necessarily in the day, unless in reading very small print. My hearing is distinct in particular conversation. I have been exempt from catarrhs on an average of from eight to ten years through life. I ascribe this exemption partly to the habit of bathing my feet in cold water every morning. This I have done for sixty years. Only two or three times have I had fever in my life. Obedience to natural law preserves health and lengthens life. I now enjoy good health and can ride thirty or forty miles a day."

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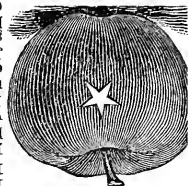
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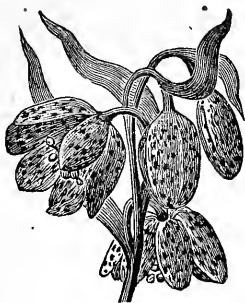
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